

Claims

1. A method for providing light and to signal slow breathing
irradiating a user's eyes through a translucent colored shield to filter out all light except light in the blue-green spectrum;
irradiating the user's eyes with light pulses timed to alert the user when to inhale and when to exhale;
2. The method of Claim 1 wherein the light pulses are in the blue-green spectrum.
3. The method of Claim 2 wherein the light pulses are emitted via a light emitting device.
4. A device to irradiate the wearer's eyes comprising:
a translucent shield applied over a user's eyes to block a portion of ambient light outside the blue-green color spectrum;
a source of dim intensity colored light within the shield which irradiates the eye with diffused light and which oscillates to alert the user when to inhale and when to exhale.
5. The device of Claim 4 wherein the light comprised of LEDs (light emitting diodes) which signal the wearer to inhale for approximately 5 seconds and exhale for approximately 5 seconds.
6. The device of Claim 5 wherein the LEDs are regulated by a controller.
7. This device of Claim 6 wherein the control box is connected to the LED by an electronic cord.

8. The device of Claim 6 wherein the control box may be affixed to a user's belt.

9. The device of Claim 6, wherein the control box has a space for mounting a meditation word, prayer, verse, or picture.

10. A device to irradiate a user's eyes comprising:
a translucent shield in the form of glasses applied over a user's eyes, said shield blocking block the portion of ambient light outside the blue-green color spectrum;
an LED source of dim intensity colored light within the shield which irradiates the eye with diffused light;
and means for oscillating the LED source to alert the user when to inhale and when to exhale, and/or repeat a prayer, mantra, or meaningful verse.